

National Kidney Foundation offers free screenings locally

Chronic kidney disease (CKD) is at its highest level in history. The two leading causes of kidney failure – diabetes and high blood pressure – have become epidemic. Symptoms of kidney failure are silent until very late stages. There is no cure for CKD. Early detection, medical intervention and/or lifestyle changes are the keys to slow or stop the progression of CKD.

For these reasons, the National Kidney Foundation (NKF) and its affiliates conduct the Kidney Early Evaluation Program (KEEP) to increase awareness and encourage participants to seek preventative treatment from their own physician. KEEP is an

early detection screening for adults at risk – those with a first-degree family history of diabetes, high blood pressure or kidney disease.

In Utah 7 out of 100 Utahns have been diagnosed with diabetes and 1 out of 4 Utahns have high blood pressure.

“Keeping diabetes and high blood pressure under control can prevent kidney disease,” said Sharon Miller, KEEP Director. “It’s important that people understand the link between those conditions and kidney disease. Those at risk should attend a screening where they will receive over \$200 worth of free testing and a consult with a healthcare professional.”

March is National Kidney Month. The National Kidney Foundation of Utah & Idaho urges Utahns to give their kidneys a well-deserved checkup at one of the upcoming screenings.

Call 800-869-5277 to make an appointment.

Friday, March 15, 2013
Utah Cultural Celebration Center
1355 West 3100 South
West Valley City, UT 84119
10 a.m.–2 p.m.

Thursday and Friday, April 18-19, 2013
Pleasant View Library
5568 South Adams Avenue
Ogden, UT 84405
Thursday: Noon–4 p.m.
Friday: 10 a.m.–2 p.m.

Caregiver educational class series begins in Davis County

Davis County Health Department’s Family Caregiver Support Program offers a six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

The one hour classes will be offered on Tuesdays starting March 19 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at 10 a.m. or Thursdays starting March 21 at Legacy House of Bountiful (79 E. Center Street, Bountiful) at 10 a.m.

The class series ends Tuesday, April 23, or Thursday, April 25. Complimentary refreshments are provided. RSVP is required to attend the class.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088.

Living Well with Chronic Conditions workshop beginning

Davis County Health Department is promoting an evidence-based Chronic Disease Self-Management Program called Living Well with Chronic Conditions.

Living Well with Chronic Conditions is a fun, interactive six week workshop to help you:

- Manage pain and fatigue
- Lessen depression and frustration
- Increase fitness and self-confidence

Other subjects covered

■ See **“WORKSHOP”** p. 2

Caregiver educational classes

Davis County Health Department’s Family Caregiver Support Program now offers caregiver classes at the Legacy House of Bountiful (79 E. Center Street, Bountiful). The six-week series of classes are for individuals caring for family members who are older or frail. These classes are free to the public. For more information, contact Megan Forbush (801) 525-5088.



Photo by Megan Forbush, DCHD

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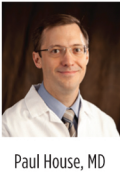
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Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department’s Family Health & Senior Services Division.

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All issues of Senior Scoop are available at http://www.davis-countyutah.gov/senior_scoop

Seeking volunteers to teach fall prevention workshops

Jessica Hardcastle, DCHD
Stepping On program coordinator

Davis County Health Department Senior Services announces a new volunteer opportunity to co-facilitate an evidence-based fall prevention workshop called *Stepping On*.

Stepping On is a self-confidence building, behavior changing program that is aimed at helping people 60

and over with fall prevention. The workshop is presented in a group setting for two hours, once a week, for seven weeks to help individuals prevent falls by:

- Providing strength and balance exercises in every class session
- Home safety check suggestions
- Partnering with health professionals such as

physical therapists, pharmacists, and vision experts to deliver information on how to prevent falls

If you would like more information about this volunteer opportunity, please contact Jessica Hardcastle at (801) 525-5087 or jhardcastle@daviscountyutah.gov. Leader training is required.

Workshop

Continued from p. 1

include:

- Techniques for frustration and isolation
- Appropriate exercise to maintain and improve strength
- Appropriate use of medications and proper nutrition
- Communicating effectively with family, friends, and health professionals
- How to evaluate new treatments

Who Should Come?

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high

blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others. Family and friends of those with chronic conditions also are encouraged to attend.

Healthy snacks are provided, along with an incentive gift which is given at the last class for completing 4 out of 6 classes of the workshop.

There are two separate upcoming workshops starting up soon. Dates and locations are as follows:

- Friday, March 8, 10 a.m.- Noon at Davis Hospital's Diabetes Care Center of Utah, 2132 N 1700 W, Ste B150, Layton (basement level of Bitner Medical Office Building)
- Tuesday, April 16, 10

a.m.- Noon at Lakeview Hospital, 630 East Medical Drive, Bountiful
This workshop is also available online for those who are not able to attend a workshop in person. There are two different online workshops; one is specific for those with Arthritis and the other is for Diabetes. The online version is called Better Choices, Better Health. For more information or to register for a workshop in person or online, call Jessica Hardcastle at 801-525-5087. Registration is required. Call today. Workshops fill up fast.

Discover you can control your health and your life!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				7 AG – Arts & Crafts 10 GY – **AARP Driving Class 12:30 ND – Chancellor Gardens Presentation 11:30	8 AG – Choir Performance 10:45 GY – Old Time Combo Band 10:30 ND – Paper Quilling 9	
10	11 AG – Oil Painting 9 GY – Stained Glass 9 Bingo 12:30 ND – Texas Hold 'Em 12	12 AG – Presentation 11:30 Dementia Support Group 3:30 GY – Dancing Grannies 8:15 Tai Chi 10:30 ND – "The Oldies" Perform 11	13 AG – Poison Control Presentation 11:30 GY – Blood Pressure 10 Caregiver Respite 1-4 ND – Mystery Tour 12:30	14 AG – **Wire-wrapping 9 GY – Lapidary 8 Bill Curtis Band 10:30 Shopping 12:30 ND – Porcelain 9 Presentation 11:30	15 AG – Movie & Popcorn 12 GY – Tai Chi 9:30 ND – St. Patrick's Celebration 11:30 Ceramics 12	16
17	18 AG – Bingo 10:30 GY – New Family History 9:30 ND – Texas Hold 'Em 12	19 AG – Presentation 11:30 GY – AARP Meeting 12:30 ND – Blood Pressure Clinic 10:30	20 AG – **Water Exercise 9 Blood Pressure 10:30 GY – **Leonardo - Mummies ND – Art Class 9 Texas Hold 'Em 12	21 AG – Presentation 11:30 Bridge 12 GY – **Lego Display in Park City ND – Presentation 11:30	22 AG – Sponsored Bingo 11:30 Pinocle 12 GY – Soft Aerobics 8:30 ND – Paper Quilling 9 Bingo 12:15	23
24	25 AG – Oil Painting 9 GY – Yoga 10 Arthritis Exercise 12:30 ND – Bingo 12:15	26 AG – Trivia of the Day 11:30 Shopping 12 GY – Sit n' Fit 8:30 ND – "The Oldies" Perform 11 **AARP Driving Class 12:30	27 AG – Ceramics 12 GY – Blood Pressure 10 Caregiver Respite 1-4 ND – Texas Hold 'Em 12 Bingo 12:15	28 AG – Games 10 Nutrition Tips 11:30 GY – Arthritis Exercise Class 12:30 ND – Diabetic Tips 11:30 Pinocle 12:15	29 **AG, GY, ND Mar. Birthday Party AG – Computer 9:30 GY – Stained Glass 9 ND – Texas Hold 'Em 12	30
31	Apr. 1 AG – **Water Exercise 9 GY – Line Dancing 10 ND – Texas Hold 'Em 12	Apr. 2 AG – Quilting Bee 9 GY – Lapidary 8 Woodcarving 9 ND – Lapidary 8:30 Shopping 12:15 Line Dancing 1	Apr. 3 AG – Bingo 10:30 GY – Single's Social 11 ND – Art Class 9 Texas Hold 'Em 12	Apr. 4 AG – **Water Exercise 9 Shopping 12 GY – Dancing Grannies 8:15 Sit n' Fit 8:30 ND – Porcelain 9	Apr. 5 AG – Lapidary 8 GY – Water Color 9 Line Dancing 9:30 ND – Ceramics 12 Bingo 12:15	6

** Call Senior Activity Center to Make Reservation
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 544-1235
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015



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